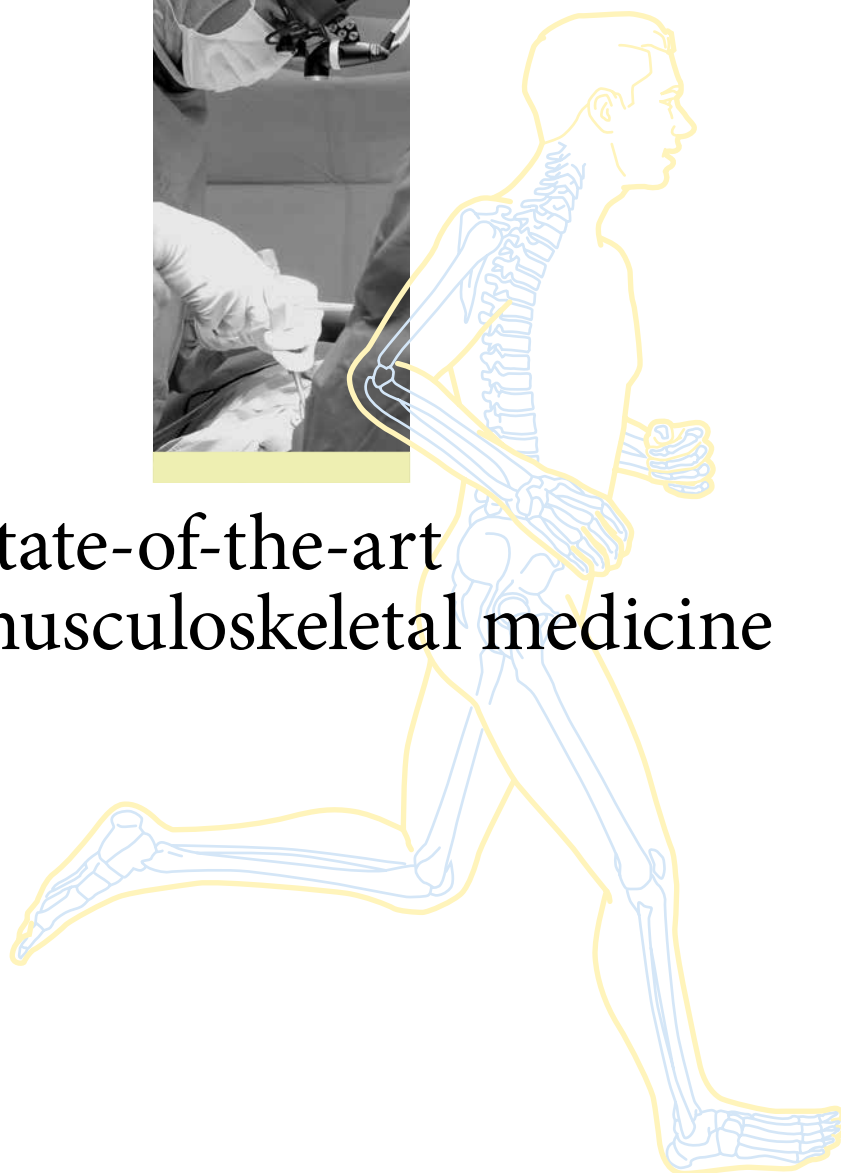




State-of-the-art musculoskeletal medicine



Dear Reader,

We are delighted to present this brochure on Balgrist University Hospital, which is intended to familiarise you with our clinic. As a university hospital with private sponsorship, we are committed to the highest standards in terms of quality and performance. This has transformed us into a leading centre for expert and comprehensive diagnostics, treatment and rehabilitation of all musculoskeletal disorders. The clinic's specialisation in the musculoskeletal system will always guarantee you best possible use of state-of-the-art methods and technologies by highly qualified experts. Patients from Switzerland and around the world increasingly choose our hospital because they attach importance to discretion, safety and pleasant surroundings, apart from state-of-the-art medical treatment. Our dedicated employees perform these comprehensive services on a daily basis. Our aim is to make your stay with us extremely pleasant and to discharge patients as quickly as possible again to their everyday lives, symptom-free and functioning. Should you require hospitalisation at any time, we would be pleased to be able to welcome you to our clinic.

Prof. Dr. med. Mazda Farshad,
MPH, Medical Director,
Professor of Orthopaedics
at the University of Zurich

Dr. Serge Altmann
Hospital Manager



Balgrist University Hospital is situated on a hill overlooking the city of Zurich and offers a magnificent view of the lake and the Alps – their snow-capped summits appearing tantalisingly close on fine days. Directly on the doorstep, the clinic's own gardens offer the opportunity to relax and take in the stimulating air. Despite the wonderful surroundings, Balgrist University Hospital is not far from the centre of Zurich and is readily accessible from Zurich main railway station or airport by public transport or taxi.

Pioneer and pace-setter

Our private institution, founded in 1912, is one of the pioneers of orthopaedic surgery in Europe. With personages such as Prof. Maurice E. Müller, Prof. Bernhard G. Weber, Prof. Erwin Morscher, Prof. Norbert Gschwend and Prof. Willy Taillard, to mention but a few, the most important orthopaedic surgeons in Switzerland were trained in this hospital, individuals who have gained international recognition.

The hospital remains committed to this tradition. In recognition of its outstanding services, it was awarded its present status of Zurich Orthopaedic University Hospital in 1945. Since then, its Medical Director is simultaneously Professor of Orthopaedics at the University of Zurich. A Paraplegic Centre was affiliated in 1990; its senior consultant is Professor

of Paraplegiology at the University of Zurich. The hospital owes its international reputation as one of the world-leading centres of excellence for assessing, treating and following up on all types of musculoskeletal injuries to its unique combination of state-of-the-art medical services. The areas of orthopaedics, paraplegiology, physical medicine, rheumatology, rehabilitation, chiropractic, radiology and anaesthesiology are united under one single roof as a finely balanced interdisciplinary network.

Many of our physicians at the hospital are also active as professors and lecturers at the University of Zurich. As a result, Balgrist University Hospital works constantly and intensively on an international scale with leading universities and hospitals such as Harvard Medical School. You, as a patient, can benefit directly from this exchange in research and in the clinical area.



The Department of Orthopaedics at Balgrist University Hospital examines and treats all musculoskeletal diseases and injuries and their consequences. The department is under the direct control of the Medical Director of the Hospital and Chair of Orthopaedics at the University of Zurich, Prof. Mazda Farshad. In order to be able to guarantee maximum expertise during the treatment of each individual patient, the department is organised in specialist teams. Each team, consisting of physicians, rehabilitation specialists and professional nursing staff, specialises in a region or organ of the musculoskeletal system. These consist of the following areas: shoulder/elbow, hand, spinal column, hips/pelvis, knee, foot, paediatric orthopaedics, bone tumours as well as the area of technical orthopaedics. Complex injuries or diseases relating to several joints are treated jointly by all the orthopaedic teams and other in-house specialists. In addition, with Balgrist Move>Med, Balgrist University Hospital is the only university Swiss Olympic Medical Centre in German-speaking Switzerland and is hence the first point of contact for elite and recreational athletes.

We do everything to ensure that our patients can return as quickly as possible to their everyday lives again, free of pain and symptoms. Over 5'000 orthopaedic operations are performed at Balgrist Uni-

versity Hospital each year. The range of operations varies from standard to highly complex surgery, using minimally invasive, endoscopic and microscopic techniques.

Balgrist University Hospital has internationally outstanding expertise in spinal surgery and joint-preservation surgery and is regarded as one of the top addresses for necessary revision surgery. Successful orthopaedic research work at Balgrist University Hospital leads to continuous optimisation of clinical work. New diagnostic and treatment methods are being developed jointly with the most diverse institutions in the world, introduced to the experts and established in clinical medicine. Thanks to this symbiosis of practical and academic work, Balgrist University Hospital is among the world's leading elite hospitals for orthopaedics.







Our spinal cord injury centre provides comprehensive care for people with spinal paralysis, ranging from acute treatment to long-term rehabilitation. Central to this care is the initial rehabilitation following spinal cord damage. To this end, all of the relevant disciplines work together in a team under Chief and Director, Prof. Armin Curt, Chair of Paraplegiology at the University of Zurich. The medical experts from the neurology, urology, orthopaedics and internal medicine departments are supported by specialist nursing staff and therapists. This guarantees efficient expert primary care. It includes all the medical areas required for expert early treatment, ranging from neurological diagnostics and orthopaedic spinal stabilisation to intensive care of patients requiring artificial ventilation.

During subsequent rehabilitation, it is our aim to restore the greatest possible mobility and independence to every affected person. Nowadays, over 80 per cent of patients can work again – at least part time. Our finely balanced functional ergotherapeutic and physiotherapeutic treatments and early intervention in occupational issues contribute significantly to this success. The use of targeted diagnostics and therapy is also a contributory factor. We are a world leader in terms of research in the area of paraplegiology. Research products, such as robot-assisted gait training in the robotic “Lokomat”, and robot-assisted arm training in the “Armin” robotic arm – both of which were developed at our clinic – are

beneficial for our patients. Moreover, we achieve decisive improvements in our patients’ state of health in terms of treatment for cardiovascular, bladder, bowel and sexual dysfunction. Patients achieve a better quality of life as a result of the treatment methods developed at the clinic. Our advisory and counselling services are dedicated to preparing our patients for their life after the stay in hospital. They do everything within their power to ensure that paraplegic patients can cope independently in their new, changed situation with regard to occupation and home.

After being discharged from the Paraplegic Centre, our outpatient clinic is available to patients at any time for the necessary regular checks. Paraplegic patients will find expertise at Balgrist Paraplegic Centre, which they can count on for the rest of their lives.



Physical medicine, rheumatology and musculoskeletal rehabilitation

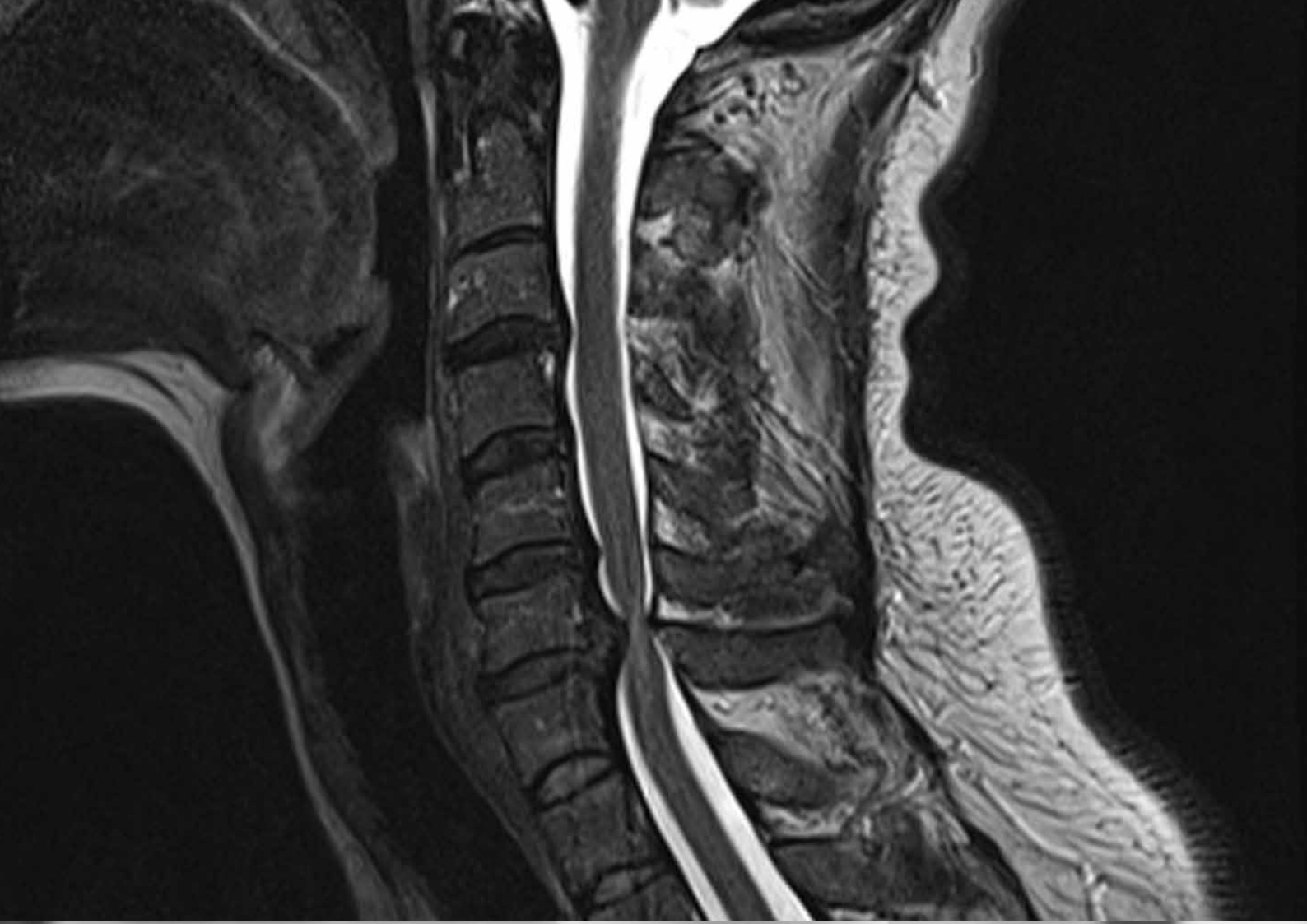
Physical medicine and rheumatology

The department of physical medicine and rheumatology at Balgrist University Hospital is recognised by the European Board of Physical Medicine and Rehabilitation. It specialises in non-operative, i.e. conservative treatment of musculoskeletal conditions. Chief of Rheumatology PD Dr. Florian Brunner and his team treat a variety of degenerative and inflammatory rheumatic diseases and osteoporosis. If surgery is not necessary, our highly qualified physiotherapists in close collaboration with the physicians put together a therapy programme that is specifically tailored to patients' needs. This is ideal support for the recovery process, and the patient can return to his private and professional everyday routine as quickly as possible. The clinic's excellent therapy infrastructure is a vital support for all individual rehabilitation programmes.

Modern treatment rooms, well equipped fitness training rooms, swimming pools and special aids for early rehabilitation enable a targeted increase in stability, strength and stamina. All options in terms of physical medicine and rehabilitation are available to our patients who have undergone musculoskeletal surgery. The close collaboration between this department and the orthopaedic surgeons guarantees patients optimal recovery within the shortest possible time.

Musculoskeletal rehabilitation

In rehabilitation, we offer cutting-edge medicine and excellent therapy linked with unbeatable comfort. After an accident, surgery or with chronic or acute musculoskeletal diseases, our interdisciplinary team will care for you individually and expertly. Our aim is to assist our patients during their rehabilitation with the best medical expertise and patient-oriented care. Our team cares for all patients individually and comprehensively. Apart from continuation of the nursing and therapeutic measures after a surgical procedure, a patient's return to their normal surroundings is our aim and is paramount. Our patients may count on our support and experience here too.



Radiology

The radiology department of Balgrist University Hospital specialises in diagnostic imaging of the entire musculoskeletal system. Chief of Radiology Prof. Christian Pfirrmann and his team supply the other medical disciplines at the clinic with crucial diagnostic foundations for optimal treatment of patients. They have state-of-the-art equipment at their disposal for this, notably for magnetic resonance imaging (MRI) and computer tomography (CT).

As part of the highly specialised medicine, an extremity MRI scanner and EOS whole body CT scanner have been installed. The extremity MRI scanner also offers patients with claustrophobia a good option, since individual scanning (e.g. of foot, elbow, knee joint) is carried out while patients sit comfortably in front of the equipment.

The EOS whole body CT scanner enables three-dimensional images to be produced in outstanding quality, standing or seated. In addition, the radiology department has co-developed new MRI technology for metal imaging (known as WARP or MARS), so that image distortion caused by the metal is greatly reduced. MRI scans may also, for example, be carried out in patients with hip and knee joint replacements. Furthermore, a radiologist's tasks also include imaging-assisted injections for pain therapy and biopsy sampling with suspected infections and tumours.

Anaesthesia

The Department of Anaesthesia, Intensive Care and Pain Medicine at the Balgrist University Hospital, headed by Chief of Anaesthesiology PD Dr. Urs Eichenberger, is one of the world's leading addresses for regional anaesthesia. Before an elective procedure, we see patients in our anaesthesia clinic to determine their state of health and discuss the best type of anaesthetic for their operation. If necessary, we request further examinations and investigations, so that we can accurately assess any surgical or anaesthetic risks and take all the necessary measures to reduce such risks.

In the operating theatre, we use the latest monitoring equipment together with various techniques for general or regional anaesthesia, to ensure a safe and effective anaesthetic for each and every one of our patients. We plan all anaesthetics taking the patient's wishes and expectations into account, considering their general state of health, and bearing in mind the nature and expected duration of the intended operation.

Our department's main expertise includes the use of regional anaesthetic techniques, which are excellent for many orthopaedic procedures. We often leave a pain catheter in place for a few days to relieve the pain as much as possible while patients are recovering from surgery. On the wards, staff from our pain services continue to look after these patients.

After an operation, we look after patients in the recovery room until they can be transferred to the ward with stable vital signs and minimal discomfort. Some patients may need to stay on our intensive care unit for several days after the operation.

Our department has a staff rota providing 24/7 coverage, so that patient safety is ensured at all times, even in an emergency.

Nursing care and hotel service

Nursing care

The nursing staff at Balgrist University Hospital provides comprehensive care and nursing round the clock. Caring for needs, and a patient's physical safety and satisfaction are paramount. We assist patients during their recovery, with the aim of achieving the best possible healing and independence. Hospital stay patient care coordination, expert and attentive pre- and postoperative care, pain therapy and wound treatment as well as an extensive briefing on the multifarious rehabilitation options are our priorities. Paraplegic patients are subject to intensive care in the acute phase and, as things develop, are cared for during all aspects of the rehabilitation process by experienced nurses. We focus on establishing trusting relationships and reinforcing existing options by the inclusion of relatives.

Therapies are often indicated for full recovery after difficult surgery, frequently in a specialised rehabilitation clinic. We will be happy to arrange a stay for you in our musculoskeletal rehabilitation centre. The nursing team will assist you individually on the road to recovery to achieve maximum quality of life. In order to be able to provide our patients with the best possible service in this area, we maintain close collaboration with selected institutions.

Balgrist University Hospital promotes evidence-based nursing and care through ongoing further development of the quality of training and further education. Based on the training assignment, trainees from different nursing professions can acquire and further develop their skills. Supported by scientific findings, research on healthcare is also practiced for optimum patient outcomes.

Well-being

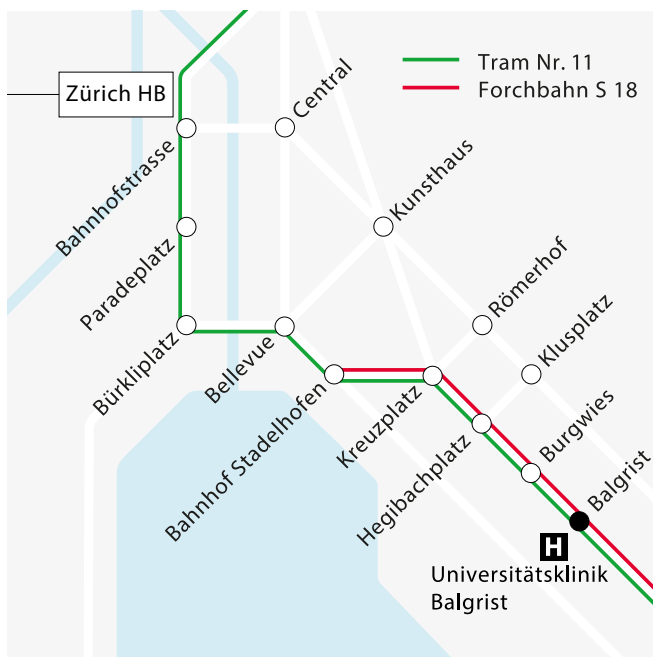
Our patients should feel like our guests at all times when they are here. You benefit in addition as a private patient from the "Balgrist Privé" range of services. We attach great importance to the interior design of our private rooms. They are comfortably furnished in every respect like an upmarket hotel, and most of them have a magnificent view of the lake and the Alps. We can also offer these amenities to relatives of our patients upon request, if they would like to stay in the same room (rooming-in).

If your insurance covers you for the general ward or a semi-private room, but you would like to take advantage of added comfort and choice of physician during your stay, we would be pleased to offer you the option of an upgrade to a private room.

Catering

The primary goal of our hotel service is to serve patients meals, which are very finely balanced to the state of their health. However, the kitchen staff at Balgrist University Hospital understand perfectly about how to turn a set bland diet meal into a culinary event just like the daily à la carte options. It is our aim to create an atmosphere in which our patients feel comfortable and safe.

Location and accessibility



By public transport

Balgrist University Hospital has good public transport connections and can be reached quickly and easily.

- From Zurich Central Station, take the number 11 tram in the direction of Rehalp and alight at the “Balgrist” stop (travel time approx. 20 minutes).
- From Stadelhofen station, take the Forchbahn train in the direction of Esslingen or the number 11 tram in the direction of Rehalp and alight at the “Balgrist” stop (travel time approx. 10 minutes).
- From Zurich Airport, take the SBB train to Zurich Central Station or Stadelhofen station, change there to the tram or train mentioned above and alight at the “Balgrist” stop (travel time approx. 40 minutes).

By car

Hospital parking spaces (including parking spaces for the disabled) are available for visitors and outpatients for a parking fee. Unfortunately, we cannot offer parking spaces to inpatients.

Balgrist University Hospital

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